

Amend claim 9 as follows:

*B3 Sub 1*  
--9. (twice amended) The composition according to claim 7, wherein the organic creatine salt further comprises an anionic component selected from the group consisting of tartrate, maleate, malate, fumarate, citrate, and pyruvate.--

Amend claim 12 as follows:

*B4 Sub 1*  
--12. (twice amended) The composition according to claim 9, wherein the anionic component of the organic creatine salt is a precursor of a Krebs cycle intermediate.--

Amend claim 14 as follows:

*B5 Sub 1*  
--14. (twice amended) The composition according to claim 1, comprising 1-10 grams of creatine, 0.6-5 grams of phosphorus, 0.5-15 grams of said blood buffer, and further comprising 1-100 g of digestible carbohydrates.--

Amend claim 21 as follows:

*B6 Sub 1*  
--21. (amended) The method according to claim 18, wherein the subject is human.--

(Amend claim 22 as follows:)

--22. (amended) The method according to claim 21, wherein the subject is male.--

Amend claim 23 as follows:

*B7 Sub 1*  
--23. (amended) The composition according to claim 14, wherein the creatine is provided by creatine citrate, the phosphorus is provided by phosphate, and the blood buffer is